

Session #11

~ Warm Up ~

PIP SQUEAK & WILBUR

Learning Objective: Base running, running, multi-directional speed

Time: 5 minutes

Equipment: 4 balls, 4 bases

How to:

- 4 groups of 3, one group at each base.
- Bases are set up in diamond formation.
- Players in each group are named PIP, SQUEAK or WILBUR.
- 4 balls placed at pitcher plate
- When the coach calls out a name (PIP, SQUEAK, or WILBUR), the player with that name runs around the bases.
- When (s)he touches the base they started at, (s)he runs to the center to pick up a ball and brings it back to the group
- Balls are returned to the center for the next person
- Score a point for the 1st person back to their starting base



WHIP IT

Learning Objective: Whipping the ball from the top of the arm circle to the bottom to release it

Time: 10 minutes

Equipment: Softballs in tube socks (6 for each player), hula hoop targets hung at strike zone height

How to:

- Start by showing players where to grip their “whip-it”. Hands should be placed 6-8 inches from the ball up the sock so the pitcher feels there is some control over the ball but can still appreciate a whipping motion with the sock
- Start the players facing sideways to their hula hoop target grasping the sock in their pitching hand and their glove on the other

- Instruct the player to step to the target while making an arm circle with their “whip-it”
- Use the key words of whipping the ball from the top of their arm circle to the bottom, letting it go at the bottom to go straight for the hula hoop
- Have them repeat these 6 times before all players collect their “whip-its” at the same time
- CAUTION: most inexperienced kids will throw the first couple behind them because they hang on to the sock too long. Encourage them to let go sooner and avoid standing directly behind them during the drill

~ *Main Activities* ~

BULLS EYE

Learning Objective: Throwing accuracy, fielding

Time: 10 minutes

Equipment: 2 targets, 12 balls

How to:

- 2 groups of 6, each group in a file in front of their target, which is placed on the backstop
- An adult will throw either a fly or a grounder to the 1st person in line, who fields it and throws it at the target
- After the throw, the player moves to the back of the line and the next player takes a turn
- Score 1 point for fielding cleanly and 1 point for hitting the target

Tips/Modifications:

Competition can be to see which team reaches 10-15 first OR which team scores the most points in a given time limit

SWING AWAY

Learning Objective: Hitting, fielding

Time: 10 minutes

Equipment: 4 bats, 2-3 balls per group, 4 tee's if hitting off a tee

How to:

- 4 groups of 3 with at least one adult per group
- In each group an adult will pitch to one batter while the other 2 player's field
- Fielding players get 2 points for catching a fly and 1 for a ground ball
- Offensive players get 3 points for a line drive, 2 points for a long fly ball or hard grounder, 1 point for pop fly or easy grounder
- See who can get 10 points first
- Rotate batters every 2 min., so that they all get a turn to bat

~ Modified Game ~

MODIFIED SOFTBALL GAME

Learning Objective: All softball skills

Time: 60 minutes

Equipment: Ball, bat, bases

How to:

- Coach will pitch to their team
- 7 pitches are thrown to each batter to allow them to hit a fair ball. If the player does not hit a fair ball, they go to first base if a swing was taken on at least four pitches
- All players will play defense
- All players will bat each inning
- There will be no advances on overthrows

Tips/Modifications:

Refer to the U9 introduction for scrimmage modifications that apply to the developmental stage of your players.